

**Channel Islands  
INTERVOICE**  
July - August 2008



The *InterVoice* is a bi-monthly newsletter of the Channel Islands Intergroup of Overeaters Anonymous in Santa Barbara and Ventura Counties (CIIG, #005-09068, Region 2) and its OA meetings and OA activities.

**Overeaters Anonymous** is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

**We welcome everyone who wants to stop eating compulsively.** There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

**Contact Information**

**CIIG**, PO Box 1321  
Summerland CA 93067  
[www.oaciig.wordpress.com](http://www.oaciig.wordpress.com)

**Region 2 of OA**

4455 Torrance Blvd., Suite  
335, Torrance, CA 90503

**World Service Organization**

P.O. Box 44020  
Rio Rancho, NM 87174-4020  
505/891-2664 (Fax 505/891-4320)

[overeatr@technet.nm.org](mailto:overeatr@technet.nm.org)

[www.oa.org](http://www.oa.org)

**Tradition**

After expenses and a prudent reserve, meetings may choose to contribute 60% to CIIG, 30% to WSO, and 10% to Region 2 to keep OA self-supporting.

Published XX XX 2008

**[oaciig.wordpress.com](http://oaciig.wordpress.com)**

**Surrender To Win**

21st Annual Men's Retreat  
Friday, August 01 to  
Sunday, August 03, 2008

La Casa De Maria, SB.  
Enjoy a wonderful weekend of  
fellowship with other men in recovery.  
\$190.00 pp, triple occupancy

[oaciig.wordpress.com/category/special-events/](http://oaciig.wordpress.com/category/special-events/)

**Women's Retreat Needs  
Participants ...**

The women's Retreat in August may not take place, according to reports, unless more people sign up. Please see your meeting secretary or Intergroup rep for more information, or access the flyer at

[oaciig.wordpress.com/category/special-events/](http://oaciig.wordpress.com/category/special-events/)

**Annual South Bay  
New Freedom Retreat**

August 22-24 2008 in Encino  
A special weekend of recovery and  
fellowship in a delightful location ...  
\$204 pp. No reservations after 7.26.08.

[oaciig.wordpress.com/category/special-events/](http://oaciig.wordpress.com/category/special-events/)

**Support Intergroup!**

Intergroup publishes *InterVoice*, coordinates retreats and marathons, registers meetings, maintains an answering service, and carries the message to institutions and the public. It's a big job. At the April meeting, Intergroup voted to help fund a series of workshops, and authorized "seed money" of \$150 to start the project to carry the message. Please remember to send donations from meetings to keep CIIG working. Thanks!

**Reach first for the phone:  
OA Information 805-899-3250**

**Service Board Members**

CHAIR	<b>Service Needed</b>	
VICE CHAIR	BARBARA	969-9942
REC. SECT'Y	NATALIE	484-7851
TREASURER	SPENCER	896-8118
BUS. SECTY	<b>Service Needed</b>	
REGION 2 REP	<b>Service Needed</b>	
INTERVOICE	KYLE	684-3717
RET & MARATH.	<b>Service Needed</b>	
POC S.B.	<b>Service Needed</b>	
POC VENT	NATALIE	484-7851
WEB SITE	KYLE	684-3717
W.S.O.	Kahlia	985-2353

**Hear Speakers Online**

The Los Angeles Intergroup has recordings of many great OA speakers available on the Web. You can find a link called "Virtual Speakers," on our Web site: [oaciig.wordpress.com](http://oaciig.wordpress.com).

**We're here for you!**

What would you like Intergroup to do for you and your meetings? Please let us know through your group rep, or contact one of the people on this newsletter.

**Attention Meeting Secretaries**

Please remember to send a rep to each Intergroup, and to keep us informed of any changes to your meeting's listing.

**For Today:**

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along." ... You must do the thing you think you cannot do.  
— Eleanor Roosevelt  
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		<b>MEETING SCHEDULE</b>			
		Please report schedule changes to Kyle ... 684-3717 ... kylek9@cox.net*			
<i>SUNDAY</i>					
9:00 AM	Camarillo	<b>Big Book Study</b> — St. John's Pleasant Valley Hospital, 2309 Antonio Avenue. 3rd floor, Classroom #2.	Natalie	484-7851	
6:00 PM	St. Barbara	<b>Big Book Literature Study</b> (#11982) – Unity Church, 227 E. Arrellaga Street, in the Chapel	Daniel	565-9313	
<i>MONDAY</i>					
12:00 PM	Goleta	<b>Brown Bag</b> (#32642) — Goleta Presbyterian Church 6067 Shirrell Way (behind Fairview Shopping Center). Room 6 next to kitchen. <i>OK to bring lunch.</i>	Deni	967-8479	
6:30 PM	Isla Vista	<b>Literature Study</b> (#46412) Lifeline, St. Michael's & All Saints Church (side office) corner Camino Pescadero/El Greco	Linda	968-7167	
7:00 PM	Ventura	<b>Newcomers/Pitch</b> (#31329) Bible Fellowship Church 6950 Ralston (Corner of Ralston and Johnston Drive)	D'nay	824-7879	
<i>TUESDAY</i>					
5:30 PM	Goleta	<b>Leader's Choice</b> (#07100) — Christ Is King Episcopal Church 5073 Hollister Avenue (last classroom at rear of church)	Nancy	686-0719	
5:30 PM	Solvang	<b>Leader's Choice</b> — Alano Club 1676-B Oak St. – Enter through rear of building.	MaryAnn	688-1472	
6:00 PM	Ventura	<b>11<sup>th</sup> Step Meeting</b> (36029) – Bible Fellowship Church. 6950 Ralston St. @ Johnson Dr. Pavilion # 3. Enter parking from Ralston.	Susan	485-6904	
6:15 PM	Ojai	<b>Alternating OA and AA Step Study.</b> (#47956) United Methodist Church. Church St. & Maricopa (opposite Nordhoff High School).	Unknown		
7:30 PM	Carpinteria	<b>Intergroup: 1<sup>st</sup> Tuesday</b> of month (#005-09068) — Boys & Girls Club 4849 Foothill Rd. (For directions, call the Boys & Girls Club @ 684-1568)	Kyle	684-3717	
<i>WEDNESDAY</i>					
12:00	Ventura	<b>Literature Study</b> – Bible Fellowship Church. 6950 Ralston. In the Prayer Room, next to the front door, near the church office.	Karin	383-2921	
7:30 PM	St. Barbara	<b>Literature Study</b> (#36031) — St. Mary's Retreat House, 505 E. Los Olivos Take 2 <sup>nd</sup> left driveway past SB Mission; enter meeting room across from Chapel.	Unknown		
<i>THURSDAY</i>					
12:00 PM	Goleta	<b>Brown Bag</b> (#15648) — Goleta Presbyterian Church 6067 Shirrell Way (behind Fairview Shopping Center). Room 6 next to kitchen. <i>OK to bring lunch.</i>	JoAnna	403-8080	
12:30 PM	Ojai	<b>Literature/Writing</b> (#48134) — St. Andrews Episcopal Church. Bristol St./ Topa Topa in Ojai. Go to the center classroom in the farthest left building. <i>OK to bring lunch</i>	Alex	640-1707	
<i>FRIDAY</i>					
10:00AM	St. Barbara	<b>Women's Step Study</b> – Unity Church, 227 E. Arrellaga Street, in the Brides Room	Angela	564-7089	
12:00 PM	Ventura	<b>Steps</b> (#36404) — Eastminster Presbyterian Church, 8180 Telephone Road	Linda	659-1303	
6:00 PM	Ventura	<b>Pitch</b> (#32396) — Missionary Church , 500 High Point Drive, in the Library	Kelsey	815-6484	
7:00 PM	St. Barbara	<b>Speaker</b> (#36036) — First Congregational Church (Fireside Room) 2101 State St.	Ruth E	922-2550	
<i>SATURDAY</i>					
10:00 AM	Ventura	<b>Maintainers</b> (#36038) — VCMC Cafeteria Conference Room, 3291 Loma Vista and Hillmont (bottom floor). <i>All Are Welcome Here! ..... * New Location *</i>	Bobbi	483-3675	
10:30 AM	St. Barbara	<b>Step Study</b> (#36037) Unitarian Church, 1535 Santa Barbara St, Jefferson Hall, Room B	Rick	682-7895	
3:00 PM	Goleta	<b>Women's Focus</b> (#49669) — Goleta Presbyterian Church, 6067 Shirrell Way (behind Fairview Shopping Center) Room 6 next to kitchen.	Lisa C	729-3102	
*Publication Deadline: The deadline for changes for the September issue is 5:00PM on 8/26/2008.					